

# Weekly workout – what do you *really* have to do? <sup>1</sup>

## Cardiovascular

Frequency of training: 2-3 days/week 20-60 min of continuous or intermittent activity each day.

Intensity of training: 40/50%-85% of HR reserve (HRR), 55/65%-90% of maximum heart rate (HRmax), or 40/50%-85% of maximum oxygen uptake reserve ( $V_{O_2R}$ ).

For example, fast walk, hike, bicycle, treadmill, swim, Zumba, water aerobics, rowing, jog/run, jump rope, tennis, basketball, soccer.

Multiple bouts of a minimum of 10 minutes each can be accumulated throughout the day.

Moderate Exercise: \_\_\_\_\_ heartbeats/min  
\_\_\_\_\_ KCals/min

## Resistance

At least one set of 8-10 exercises for each major muscle group 2-3 days/week is recommended. Most persons should complete 8-12 repetitions of each exercise. Multiple-set regimens provide greater benefits if time allows. Separate bouts of resistance exercise for a given muscle by at least 48 hours.

Major muscle groups: chest, back, shoulders, glutes (butt), upper legs/knee raises, lower legs, front arms (biceps), back arms (triceps)

Example set: 8-12 reps for each major muscle group (light workout),  
8-12 for each major muscle group repeated once (medium workout),  
8-12 reps for each major muscle group repeated twice (hard/good workout)

## Core Exercises

Core exercises maintain the central relationships of muscles at the core of the body. Strengthening the core helps protect against back pain and improves posture. Perform core exercises at least 1 day/week.

Core exercises: crunches, bridges, leg lowers, planks, back extensions

## Flexibility

Flexibility exercises should be incorporated into the overall fitness program sufficient to develop and maintain range of motion (ROM). Stretch the major muscle a minimum of 2-3 days/week. Stretching should include appropriate static and/or dynamic techniques. Hold stretches for 30 seconds if under age 70. Hold for 60 seconds if over age 70.

Stretching: low back, seated twist, butterfly, quads, hamstrings, cat & camel, calf

## Balance

Balance exercises are used to strengthen the sense of equilibrium and help protect against challenges to equilibrium. Perform balance exercises at least 1 day/week.

Example: Stand on one foot for 20 seconds (stop counting while you get your balance).

Repeat on other side.

If you have no knee problems, stand on one foot, reach down and touch your toe, and stand back up. Repeat on other side.

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<sup>1</sup> Adapted from the ACSM Position Stand: *The Recommended Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory and Muscular Fitness, and Flexibility in Healthy Adults*